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# ENGLISH FOR REPORT WRITING (EWC 661)

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# SPORTS AND STUDENTS' MENTAL WELLNESS

## 1.0 INTRODUCTION

Many people around the world experience stress irrespective of their age, race, religion, color, profession, academic background or surrounding environment (Esia-Donkoh, Yelkperi & EsiaDonkoh, 2011). Some of the people tend to do physical activities to reduce the stress level that they felt. This is because they can reduce stress by getting themselves joining outdoor and indoor activities such as jogging, badminton, bowling, swimming and so on. The activities will help them to stimulate the production of endorphins in the bloodstream.

This study is focusing on the universities students because nowadays students tend to get stress during to overtime study and the load of assignment given by their lecturer. Besides, students are currently studying online which is some of the students' family did not understand how the class is working. Some of the students also did not have the facilities to join the online study which prevent them to get information from the classes. Students need to thinks some ways to help them reduce the stress level because it is not good for their mental health. However, there are also some of the students that have all the facilities needed for the online classes but they still take advantage by giving may excuses during the online classes. Universities students need to make sure that their mental health is in a great condition during this online classes because the online classes also are challenging if they did not prepare for the worst to happen.

One of the ways to reduce the stress level is doing exercise. Students need to identifies which exercise and sports that suitable with them in order for the students to get their mental health stable. Since they are currently studying online, they can just do a simple workout in their house. The endorphins released by doing the workouts can trigger positive feeling in the body. Apart from that, exercise also can increase energy levels which enable the students to give more focus in their online study. Students can improve their sleep quality by doing the exercise because they are often to have a messy schedule of sleeping. Sports and exercise are proven to give many benefits and advantages to the students not only to their mental health but also to their physical health.

## **2.0 PROBLEM STATEMENT**

Nowadays, mental health issue or the poor mental health of university students is becoming a serious issue in Malaysia and also in the another countries. For an example, Malaysia had one case such as “Student found dead on the day of PT3 exam’. This case or this issue become a hot topic in Malaysia about the case of this mental health among students. These shocking titles have been showing up in the headlines of various Malaysia’s newspaper and online media. This problem become more serious because the student did not know how to solve the problem and maybe lack of knowledge about the current problem such as mental health problem. There are many ways to solve and also to have the wellness of mental health among students. For an example, the student can participate in sports to help them and also can boost their moods or mental wellness.

## **3.0 OBJECTIVES**

The purpose of this study is to investigate students’ mental wellness and also how sports can boost their mental wellness in Universities student. This study suggests several research objectives to be attained as follows:

- 3.1 To identify what kind of sports that students are interested in
- 3.2 To identify whether sports can improve students' moods
- 3.3 To identify how much student involve themselves in sports to boost their moods to become better.

## **4.0 SIGNIFICANCE OF THE STUDY**

The findings of the analysis would support the units participating such as sports, health and counselling units. Next, they can get useful knowledge on emerging talents as well as on the usefulness of sports activities for students to alleviate stress and to stop experiencing mental stress related to difficulties or stress in lessons. These results would also provide educators with useful knowledge on methods to address emotional disorders or stress encountered by students. The parties involved, such as the health unit, therapy unit or sports unit, should then work together to identify and assist in addressing this problem.

## **5. LIMITATIONS OF THE STUDY**

There are several potential limitations in this study. According to Kenneth (2000), there are several further limiting characteristics of the existing body of knowledge which is recruitment and retention of groups with mental disorder is particular difficult, and so research in this area is particularly limited. Besides that, almost all results arise from those participants who have volunteered and have remained in an exercise research program. This is likely to provide positively biased results.

## **6. PREVIOUS STUDIES**

According to WHO, they define s mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. However, WHO (2014) states that young men and boys represent the group at highest risk of mental health problems and suicide in one third of developed countries. Furthermore, Christian and other (2017) says that relatively high rates of mental health problems, reduced help-seeking intentions and higher stigmatizing attitudes make boys and young men particularly vulnerable, and therefore more in need of interventions that make promotion of mental health a priority.

### **6.1 Review on What Kind of Sport Students are Interested**

According to P. Slavcheva and A. Bozhkova (2020), based on their study, the sport that students more involve are exercises to improve physical qualities and muscle tone such as fitness, yoga and etc. It due to students at home more suitable to practice this type of activity. Besides that, based on Ilaria and other (2020), they say that students regularly doing sport such as cycling, walking and stair climbing.

### **6.2 Review on Whether Sport Can Improve Students Mood**

Based on what Christian and other (2017) says, that When structured precisely, the context of sports can enhance social and emotional function, improve health-related quality of life, and develop protection factors include self-esteem, positive social relationships, and well-being. Besides that, strong physiological, psychological, and social benefits, participation in regular sports can protect teenagers and young men from suicide ambition and attempted suicide says Christian and other (2017). Furthermore, based on Kenneth (2000), Cases for physical activity have been set through its effect on risk reduction physical health such as coronary heart disease. However, there has been an increase in interest in its potential to treat and prevent mental illness and also the promotion of mental well-being in citizen.

### 6.3 Review on How Much Students Involved themselves in Sports

According to Aysha and other (2019), Inactivity among university students is very worrying because sports habits developed by university students are generally taken care of during adulthood and can predict long-term health outcomes. This shows that most of student may not involve in sport if they not practice this habit during their childhood. Furthermore, Georgi Ignatov says that sports of students find that it is at a low and constant level size reduction.

In this study, by offering the understandings into people about mental health can be prevent by doing or take part in sport which is we hopefully this could help many people that struggle on their mental health problem. Besides that, this study also would like to provide more information to create awareness about mental health problem and sport among people who have the problem.

## 7. Methodology

This study will be conducted online using the Google Form platform. Involving university students at the Diploma level, Degree and Master. It uses a 5-point Likert type scale with choices ranging from "strongly agree" to "strongly disagree." This instrument is designed to measure the level of impact of sports activities on students' mental. To find out the impact of the criteria and the effect of the sport will be included, included in the last part of the scale for the subject to be selected. The Google form collected will show statistics answered by students